

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-17 (cancelled)

18. (Currently amended) A self-administered, computer-aided method for improving a patient's user's emotional state comprising:
- a. receiving emotional-profile data from the patient user by way of a computer, said emotional data including:
 - i. attributes of emotion perceived by the patient as influencing his general emotional state,
 - ii. a weighting factor for each of said attributes of emotion perceived by the patient as representing a degree of influence each of said attributes of emotion bears on his general emotional state,
 - b. receiving from the patient user by way of the computer an emotion feeling input representing ~~the emotion~~ an emotional feeling of the patient user at a particular moment,
 - c. applying a first algorithm by way of the computer ~~to the attributes of emotions and the associated weighting factors to the emotional-profile data inputted by the user~~ so as convert the emotional feeling ~~inputted by the patient~~ into a happiness-index, ~~reflective of the emotional feeling, the attributes of emotion, and the weighting factors inputted by the user, said emotion feeling input so as to generate a happiness index reflective of said user inputted attributes of emotions and said associated weighting factors, said first algorithm including a personal user learning mechanism for reducing bias inherent in the emotional-profile data received from the patient based during prior usage of said computer by the patient, and~~
 - d. ~~formulating~~ presenting by way of the computer a recommended course of action for the improvement of the patient's user's

emotional state by applying a second algorithm to said happiness-index, said second algorithm being configured to present said recommended course of action based on at least one database of treatment options associated with emotional data. received from the user.

19. (Currently amended) The computer-aided method for improving patient's ~~user's~~ emotional state of claim 18 wherein said receiving attribute of emotion includes receiving said attributes of emotion as a written input.

20. (Currently amended) The computer-aided method for improving a patient's ~~user's~~ emotional state of claim 19 wherein said receiving attribute of emotion includes receiving said attribute of emotion as a written input selected from a written list of emotional attributes.

21. (Currently amended) The computer-aided method for improving a patient's ~~user's~~ emotional state of claim 18 wherein said receiving attribute of emotion includes receiving said attribute of emotion as a verbal input.

22. (Currently amended) The computer-aided method for improving a patient's ~~user's~~ emotional state of claim 18 wherein said happiness-index is expressed in terms of a visual representation of rating enabling comparison to other generated happiness-indexes.

23. (Currently amended) The computer-aided method for improving a patient's ~~user's~~ emotional state of claim 18 wherein said happiness-index is expressed in terms of an audiovisual presentation.

24. (Currently amended) The computer-aided method of claim 18 wherein said providing a recommendation includes providing said recommendation drawn from a database containing an emotional-profile similar to that of the patient user.
25. (Previously Presented) The computer-aided method of claim 18 wherein said providing a recommendation includes providing an interactive communications link to a qualified psychological professional who provides said recommendation.
26. (Previously Presented) The computer-aided method of claim 18 wherein said providing a recommendation includes providing an interactive communications link to a group of individuals that provides support and assistance.
27. (Previously Presented) The computer-aided method of claim 18 further comprising receiving updated attributes of emotion and associated weighting factors to be used by said algorithm in future happiness-index calculations.
28. (Previously Presented) The computer-aided method of claim 18 further comprising storing said inputted attributes of emotion, said associated weighting factors, said inputted emotional feeling and said recommendations into a collective emotional-profile data bank for the sake of improving future recommendations.